

Skinfold Data Collection Sheet

Client Name	
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Reference Number	
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Date	
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Date of Birth (dd/mm/yy)	
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Age	
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Temperature/Humidity		
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Barometric Pressure	
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Height (cm)	
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Gender	Male	Female
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Weight (kg)	
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Weight (st/lbs)	st	lbs
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Circumferences (cm)

Head	
Torso at Nipple Height	
Torso at Umbilicus	
Torso at Hip	
Maximum Upper Arm	

Maximum Forearm	
Wrist	
Gluteal Furrow	
Maximum Thigh	
Maximum Calf	

3 site method Skinfold Measurements

Male

Chest (mm)	
Abdomen (mm)	
Thigh (mm)	
Waist circumference (cm)	
Forearm circumference (cm)	

Female

Triceps (mm)	
Suprailiac (mm)	
Thigh	
Gluteal circumference (cm)	

4 site method Skinfold Measurements (mm)

Male / Female

Triceps	
Biceps	
Subscapular	
Suprailiac	

1 site methods Skinfold Measurements (mm)

Method 1 - Slim Guide

Triceps	
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Method 2 - Accu-Measure

Suprailiac	
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2 site method Skinfold Measurements (mm)

Triceps	
Subscapular	



Test Conducted by: